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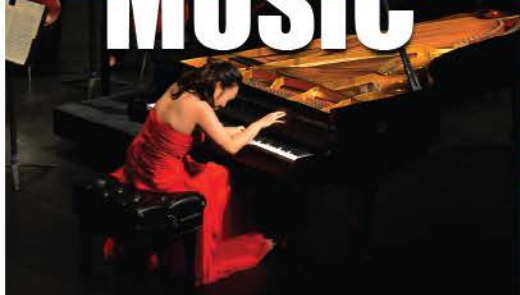
→ MARCH 4 - 17, 2022 VOLUME 23 NO. 05



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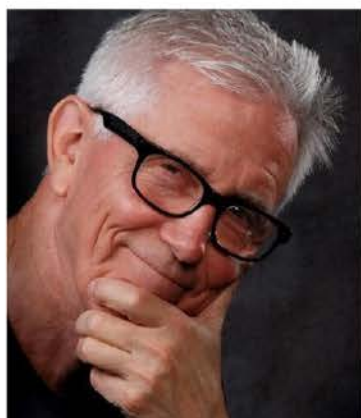
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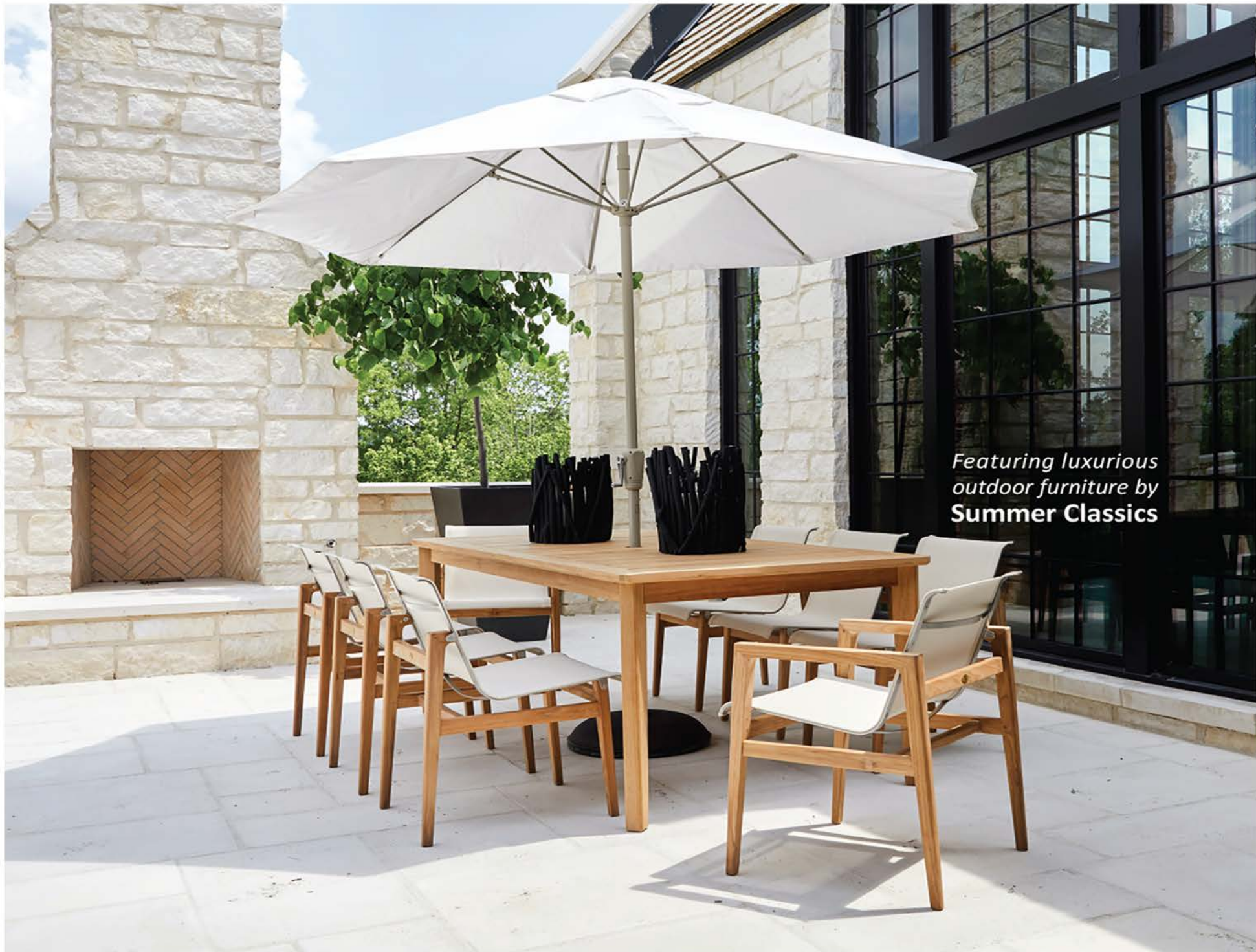


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EXHIBITION “PROMISING SKIES” AN EXPRESSIVE COLLECTION BY WALTER ERRA HUBERT

By Staff Writer

Building Bridges Art Exchange announces their upcoming solo exhibition Promising Skies by artist Walter Erra Hubert and curated by Marisa Caichiolo, which takes place through March 30, 2022 at Bergamot Station Arts Center (2525 Michigan Ave. Unit F2, Santa Monica).

Walter Erra Hubert is a Pasadena-born, internationally-recognized artist working in the mediums of acrylic paintings, mono prints, resin and mixed media. Walter chose to self-isolate in 2018, two years before the international lockdown, resulting in his latest striking body of work Promising Skies, which reflects a world moving towards a new reality. The large-scale art works are realized in acrylic while the show will also feature his works that incorporate resin and mixed media. All of the art will be

showcased at Building Bridges Art Exchange’s Santa Monica Gallery.

Born to Italian immigrant parents, Walter is heavily influenced by his U.S. and Italian roots and straddles both worlds. His Pasadena studio provides space for exploration inspired by the expanse of the metropolis while his home and studio in the Italian countryside allow for a sense of separation associated with nature and introspection. Walter’s Italian heritage and 30 years of experience using varied artistic mediums appealed to Argentinean Curator Marisa Caichiolo who actively seeks to showcase a diverse range of artists from around the world. “Walter’s eerily-timed decision to self-isolate inadvertently became emblematic of a universal experience and, during that time, his quest to connect with the core of his being ended up producing his strongest and most significant

body of work, which we’re thrilled to showcase in Los Angeles”.

Although the current global outlook may be seen as bleak and unpredictable, Promising Skies reflects a world moving towards a new reality with a sense of hope.



In each translucent piece, an ocean of opportunities, portals and evocative lights can be seen beckoning toward the future, representing the promise of new beginnings. Connecting to the past and creating a bridge to the future is the ideal path for

Walter to engage with today’s collective consciousness. Explosions of light, volcanic eruptions, deep water currents and sensual feeling inspired by connections between the elements are among the bounty of natural phenomena that nourish his perspective and vision of the universal forces of Mother Earth.

Walter’s relationship with art began at an early age and painting became an important form of self-expression. At age fifteen, he enrolled in an art class that changed his life as he was introduced to complicated design and compositional analysis that turned his practice to the most current and global visions of artistic expression.

Promising Skies can be viewed from February 26 to March 30, 2022 at Building Bridges Art Exchange at Bergamot Station Arts Center (2525 Michigan Ave. Unit F2, Santa Monica). BBAX is open Tuesday to Friday (11am – 5pm) and Saturday (noon – 6pm).

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The San Fernando Valley Symphony Orchestra is supported, in part, by the Los Angeles County Board of Supervisors through the Los Angeles County Arts Commission.



March 4 - 17, 2022





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By Barbara Backley

Make Spring Break a Family Affair to Remember!!

School is out. Yeah Baby!! You've got uninterrupted time to spend with your kids. So gather the family and break away from the ordinary. Go camping. Indulge in a posh resort. Hit the beach, the slopes. Maybe a dude ranch. Explore the desert or Central California's crazy-cool wildlife. Most important of all -- laugh, love and together create unforgettable vacation memories.

Seaside Sensations

Cozy up to nature -- and each other -- in an RV or tent. Carpinteria State Beach (http://www.californiasbestcamping.com/sb_coast/carpinteria.html) (https://www.parks.ca.gov/?page_id=599) just south of Santa Barbara offers 191 picture-perfect ocean-front campsites and endless activities. Explore the terraced bluffs, sand dunes and tide pools with or without a park guide. Hike the Coastal Vista Trail. Visit the nearby seal preserve. Spot whales, the grays are migrating through April. Sun, swim, go surf-fishing on the mile-long beach. Surf at nearby El Capitan Beach and Rincon Point. Kayak the Santa Barbara coast. Maybe visit nearby Channel Islands Harbor and rent a boat or book a cruise to the Channel Islands. Camping is easy here, with amenities including a visitors' center, Kids' Tomol Interpretive Play area, grocery store, toilets and coin-operated showers, some with hot water! Or take your RV or tent south to the Newport Coast and set up camp on a scenic bluff with sweeping ocean views at Crystal Cove State Park (<http://www.crystalcovestate-park.org/>). Its Moro Campground has 27 RV and 30 tent

campsites, with coin-operated hot showers! Hike along 15 miles of trails across 2,400 acres of wilderness, one of OC's last remaining natural open spaces. Frolic on 3.2 miles of beautiful beach. Explore tide pools. Check the Crystal Cove visitors' center for guided hikes, tide pool



and birding walks and geology talks. For a more secluded experience, set up camp at one of the 32 "primitive" campsites, each a minimum of three miles farther into this coastal backcountry.

Treat the family to a luxurious fun-in-the-sun Spring Break at the ocean-view Laguna Cliffs Marriott Resort & Spa (<https://www.marriott.com/en-us/hotels/snadp-lagu->

[na-cliffs-marriott-resort-and-spa/](https://www.marriott.com/en-us/hotels/snadp-lagu-na-cliffs-marriott-resort-and-spa/)) in Dana Point. The posh property is offering special "Spring Break Family Activities" from March 11 through April 17. Rock out to live music on the resort's Del Mar Lawn, on Saturdays; Laguna Cliffs Movie Night, also on Saturdays; Poolside Kids' activities on Fridays and Saturdays, and the Kahuna Laguna Kids' Club Lounge. Walk along the cliff-top paths for sweeping coastal views. Ride the resort bicycles down to picturesque Dana Point Harbor (<https://danapointharbor.com/>). Go paddle boarding, kayaking or whale watching (whales are spotted year-round here) and peruse the cute shops and waterfront cafes. Pop down to Doheny State Beach and challenge each other to beach volleyball.

Hit the Slopes

Breathe in the crisp mountain air at Lake Big Bear (www.bigbear.com) snuggled in the San Bernardino National Forest three hours south of L.A. Ski and snowboard at Snow Summit and Bear Mountain ski resorts, with more than 400 acres, 26 lifts and 55 ski runs. Go snow tubing at Grizzly Ridge Tube Park. Zip line through the trees. Take a Segway tour with Action Tours California. Try snowshoeing and sledding. Thrill to the Alpine Slide at Magic Mountain, SoCal's only authentic bobsled experience, and the after dark "Glo Tubing" -- under neon lights. Apre your snowy fun, head to Big Bear Village and ride the free trolley between the boutiques, restaurants and galleries. Have brunch at breakfast favorite Grizzly Manor Café. For accommodations, rent a cabin or book a hotel such as The Lodge at Big Bear Lake, a Holiday Inn Resort (<https://www.thelodgeat-bigbearlake.com/>).

Add sophistication to your mountain high at Lake Arrowhead (<https://lakearrowhead.com/>), nicknamed “The Alps of California,” a few peaks over in the San Bernardino Mountains. Pamper the family with spa treatments, fine-dining and s’mores roasted over an open fire under the stars on a lakeside patio at the upscale Lake Arrowhead Resort and Spa (<https://www.lakearrowheadresort.com/>). The resort is perfectly positioned on the lake adjacent to charming Lake Arrowhead Village, with 50 intriguing shops including Jurassic Fossils (you can buy real dino fossils!), river-front restaurants, outlets – Coach, here we come! – and wine-tasting rooms. Arrange a personally-guided cruise around the lake with just the family. Or join the fun on the Lake Arrowhead Queen paddlewheel sightseeing cruise. Ski, snowboard and tube in nearby Snow Valley. It boasts one SoCal’s only lift snow tubing hills, accessed by SoCal’s first and only High Speed, 6-passenger, detachable chair lift. Snowshoe through wintry pastures. Cross-country ski. If you prefer a forest accommodation, the historic Saddleback Inn and Grill (<https://saddlebackinn.com/>) is



Lake Arrowhead’s only accommodation with stand-alone cottages featuring one, two and three-bedrooms on 4.5 woodland acres.

Nature, Horses and Flesh-eating Plants! Oh, My!

Outdoor adventures at Cali Camp (www.calicamp.com) may already be your family tradition – it is with so many. If not, take this break time together to visit its beautiful 21-acre Big Rock Ranch location in Old Topanga Canyon amid oak groves and bamboo forests, during the open house

on March 20, and May 1 and 22 from 10 a.m. to 1 p.m. Enjoy a picnic, listen to music, play games, maybe shoot a bow and arrow and learn about all their summer day camp activities from rock climbing, music and art to gymnastics, adventure and equestrian. Founded in 1955, Cali Camp is one of SoCal’s



oldest and best loved day camps for boys and girls age 3 to 15. This summer’s camp begins June 13, 2022.

Ride into the sunset – literally – at the Alisal Ranch & Resort (<https://alisal.com/>), a lux dude ranch in the Santa Ynez Valley outside Santa Barbara. Whether you ride or not, the Alisal is a perfect family break. Beginner, intermediate and advanced riders from age 7 and up are welcome. Enjoy wrangler-guided rides across 10,500 acres of meadows, hills and forest. Sunset rides. Specialty rides like the Pancake Breakfast ride (an hour each way) for a sumptuous breakfast under the sycamore trees. Take riding lessons to learn and improve. Learn roping and other skills at wrangler workshops. Join the group rides or arrange private rides perhaps to a secluded picnic, Lake Alisal for stand-up paddle boarding, or where ever you like. In the evening, enjoy family meals together in the ranch dining room. The Western-chic accommodations are totally family friendly, with adjoining suites and studios. All have wood-burning fireplaces and circle the barnyard, so you’re never far from the horses! Choose guestrooms, suites or cottages that sleep 3, 5, 10 and 12 guests.



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Share the glory of Yosemite National Park (<https://www.nationalparks.org/connect/explore-parks/yosemite-national-park?>), a six-hour drive from Los Angeles in California's Sierra Nevada Mountains. Marvel at California poppies. And epic waterfalls. Hike and bicycle along more than 800 miles of scenic trails and bike paths. Go water rafting on the wild Merced River. Camp or enjoy a hotel stay. Curry Village has both wood cabins and canvas tent accommodations, some with private baths – hooray. Its prime location puts you in proximity to all the park landmarks, hiking trails and exhibits. Other camp choices include Wawona Campground, near the Pioneer Yosemite History Center; Upper Pines Campground and Hodgdon Meadow Campground both close to an in-park grocery store and showers. For a unique, family-fun hotel stay (and multiple rooms together), the rustic-style Yosemite Bug Rustic Mountain Resort (<https://www.yosemitebug.com/>) is a hoot. Balancing on rolling, forested hills, every room has a valley view and a unique theme – think Dia de los Muertos, Edwardian England. And the wide, wide variety of guestrooms includes

hillside cabins on stilts. Totally worth the 30-minute drive to Yosemite. If you want to be closer, the Yosemite View Lodge, (<https://www.yosemitere-sorts.com/yosemite-view-lodge/>) is smack on the Merced River, with 335 rooms and outdoor spas, just steps from the park entrance. Do you love the Old West? Visit the town of Mariposa, 25 miles outside Yosemite. Go back in time to the 1849 Gold Rush at the Mariposa Museum & History Center, an award-winning small museum. Outside on Main Street, you'll think you're on a Wild West movie set, populated by family restaurants, shops and wine tasting rooms.

Snoopy, wild African animals and flesh-eating plants – true! Will have you all laughing and oohing and aahing in and around Santa Rosa (<https://www.visitsantarosa.com/>), seven hours from LA and an hour north of San Francisco. Cheer the Peanuts gang inside the Charles M. Schulz Museum, showcasing changing galleries of original comic art, a re-creation of Schulz's studio, and lush gardens including a labyrinth in the shape of Snoopy's head! Remember Snoopy's ice skating shenanigans? Recreate



them yourselves at adjacent Snoopy's Home Ice skating arena, which Schulz himself opened in 1969. Then spend a wild day – and even overnight -- on an African safari open-jeep ride through Safari West (<https://www.safariwest.com/>), driving past free ranging (they have enclosures, we just don't see them) wildlife from bongo antelopes and cheetahs to Cape Buffalo, rhinos and Wildebeest. Dubbed the "Sonoma Serengeti," this 400-acre preserve is home to nearly 900 African animals and birds from 90 species. Extend the adventure with a stay in a Safari West tent cabin (with ensuite

bathroom) on the preserve. Enjoy a safari dinner in the main dining room and chat with the staff. Truly magical! Follow up with wild plants at California Carnivores (<https://www.californiacarnivores.com/>) in nearby Sebastopol. It's a unique nursery featuring only flesh eating plants – by the hundreds. DON'T stick your finger inside a six-inch tropical pitcher plant! Do take home a Venus Flytrap or African sundew. You'll never have insect problems again.

Desert Delights

If your teens are fashion-forward, follow my friend Dr. David Richardson and his teenage daughter, who loves vintage designer clothing, to Palm Springs (www.visitpalm Springs.com). Shop for retro Pucci, Dior, Chanel and more at Mitchells Palm Springs and The Frippery; fun '50s and '60s wear at Iconic Atomic and hunt-and-peck designer finds at Angel View and Revivals thrift stores. Add family fun like riding the Palm Springs Aerial Tramway for stunning valley views from 8,516 feet up Mount San Jacinto. A Desert Adventures-Red Jeep Tour along the San Andreas Fault Zone.

Enjoy!

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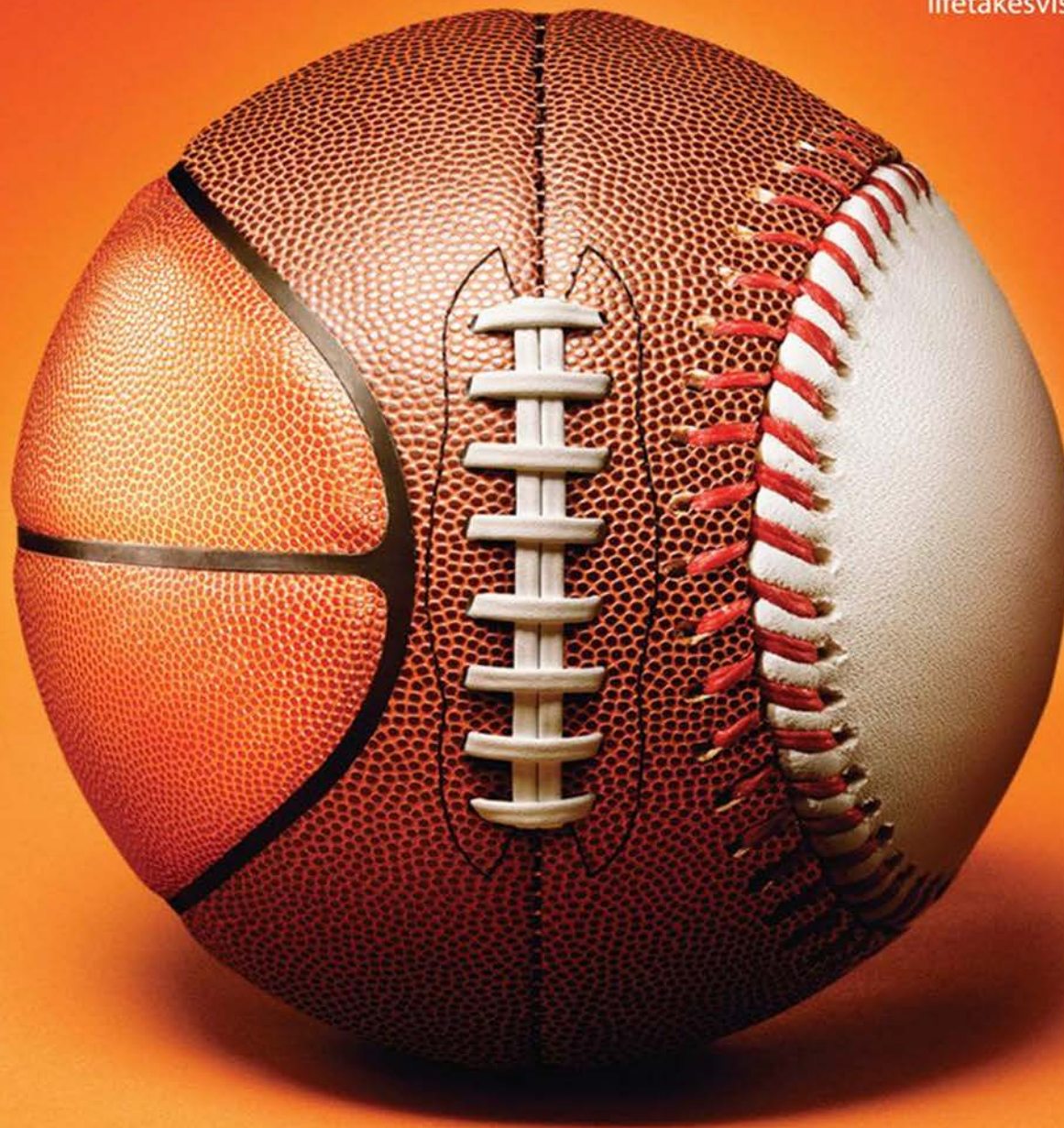


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DRIVING MISS DAISY LIVE AT ARTSPACE SIMI VALLEY

By Pam Froman

Actors' Repertory Theatre presents their production of Alfred Uhry's "Driving Miss Daisy," directed by David Ralphe, at ARTSpace Black Box Theater in Simi Valley.

The play is based on the award-winning film, which explores Alfred Uhry's delicate drama of the experience of aging, and evolving changes of race relations in the south through the lives of an elderly Jewish woman and the Black chauffeur her son hires for her.

Miss Daisy (Kathleen Silverman) is a stubborn, elderly, Jewish woman who lives alone in Atlanta, Georgia. When Miss Daisy

drives her 1946 Chrysler Windsor into a neighbor's garage, her son Boolie (Brian Robert Harris) hires Hoke Colburn (Stan McConnell), a black chauffeur to drive her. Miss Daisy at first is resistant to anyone taking away her driving privileges, but Hoke convinces her to accept him through sheer determination. As the relationship between Miss Daisy and Hoke grows, she reciprocates by teaching him to read. And against all odds, Daisy's prejudices are broken down and Hoke becomes her best friend.

The story explores ever-evolving race relations in the south as well as anti-semi-



tism. After her synagogue is bombed, Miss Daisy sees that her people are just as much a victim of prejudice as black people are. But as the play progresses, it also explores how American society is changing, as evidenced when Miss Daisy attends a dinner where Dr. Martin Luther King Jr. is giving a speech.

Kathleen Silverman as Miss Daisy creates an enigmatic turn as a complicated woman who is navigating aging. We empathize with her and are amused by her, line after line. Kathleen's most recent role was Louise Seger in "Always Patsy Cline" at the Simi Valley Cultural Arts Center. Some other roles include Aunt Eller in "Oklahoma," Grandma in "Billy Elliot," and Yente in "Fiddler on the Roof."

Stan McConnell gives a sweet and authentic performance as Hoke, where through his acting we can explore the dynamic of a loving – if unlikely – friendship. He has performed in various shows in the Ventura area.

Brian Robert Harris creates a great showing as Boolie, who has to deal with a family member who can be both testy and

loving. He offers a great dynamic between mother and son. He has played roles like Gordon in "Dead Man's Cell Phone" and Kenneth in "The Night Alive."

Director David Ralphe has been working in theatre, television, and film for over 50 years. He has been at the helm of several ART's produc-

tions including "Jesus Christ Superstar," "A Chorus Line," "Tommy," "Ragtime," "Little Women," "Hank Williams," "Lost Highway," and much more.

"Driving Miss Daisy" performs through March 13, 2022, Fridays and Saturdays at 8 pm and Sundays at 2 pm. Tickets are \$20 for general admission, and \$18 for seniors (62+) and children 12 and under. This show is suitable for all ages, although younger than 10 might find the subject matter unrelatable. ARTSpace Black Box Theater is located at 2956 School St. in Simi Valley.

Due to current Covid restrictions, patrons are asked to please wear a mask while indoors. For ticket sales and reservations please email jgartdept@sbcglobal.net or visit ARTS' website at www.actorsrepof-siimi.org/about-us/artspace-black-box-theater/

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includes over 50 academic and elective classes. The learning environment is rigorous, yet fun, and supports the needs of individual students. Parents customize the learning environment by choosing 4 different classes for their children depending on the child's interests and grade level. The structure of the program is similar to High School or College, as your children will attend the 4 periods they are enrolled in Monday - Friday for 5 weeks. Children are never left alone; even when changing periods, they are accompanied by a teacher or TA at all times. At Granada Preparatory School 10400 Zelzah Avenue Northridge, CA 91326 info@TheGreenLeafAcademy.com 818.280.9338 (office)

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TEXAS CHAINSAW MASSACRE

By Contributing Writer

Anticipating the inevitable guts and gore and murderous mayhem, I screened Netflix's new "Texas Chainsaw Massacre" in broad daylight, with sunlight streaming through the windows and the comforting din of traffic below, and with the remote in my hand throughout, ready to hit "pause."

But things dragged and I got complacent, and sure enough, that pause button was too far away when I really needed it — a truly shocking moment I did not see coming.

Despite that admirably executed shocker of a scene, though, the question does arise not long into this, the 10th movie in the "Chainsaw" oeuvre: Did we really need another? And sadly, given the lack

of imagination, creativity or even basic attention to logic in a perfunctory and downright silly script, the answer seems a resounding "Nope."

Unless you just want to see a lot of chainsaw killing. Because, there is that.

The new installment, directed by David Blue Garcia with a screenplay by Chris Thomas Devlin, is billed as a direct sequel to the original, meaning we're supposed to forget the eight intervening movies. OK, done! The 1974 film, directed by Tobe Hooper, has been called disgusting and disturbing, but also a classic. The plot involved a group of young people who happened on the remote Texas property of a family of cannibals. Out came the chainsaw. Only a young woman named Sally survived.

From hippies... to hipsters. In 2022, we have a group of idealistic 20-something entrepreneurs, who decide that Harlow, Texas, essentially a ghost town, is the ideal place to buy up and gentrify. They arrive to organize things just before a busload of their investors comes rolling in.

There's Dante (Jacob Latimore) and girlfriend Ruth (Nell Hudson). And then there are the two most fleshed-out characters in the film: Melody (Sarah Yarkin), Dante's partner in the venture, and

her teen sister, Lila (Elsie Fisher) who we learn is the emotionally scarred survivor of a school shooting.

Things don't go smoothly. Upon arrival, they enter a building they've bought, an old orphanage, and discover its elderly, sick caretaker (Alice Krige) lives there with "her last boy" and refuses to leave. The hipsters call the cops to force her



out. Bad idea. The "last boy" is tall and scary and wears masks of human skin which is not his own.

Yup, it's Leatherface, now played by Mark Burnham. He's a lot older but still has the chainsaw — in fact, it's the original chainsaw from 1974. And he's angry. Also, Sally (Olwen Fouéré) is still alive.

She, too, is angry. Alas, this is all you get in terms of plot — this, and some half-baked ideas that die after a few lines. Turns out — surprise! — a chainsaw is a durable instrument, and its efficacy in the hands of Leatherface doesn't seem to have changed.

Nor has much else. A half-century of social and technological development hasn't made much of a mark. Yes, there's a GPS in the car, and the young people have smartphones and Instagram. And that's about it.

All this may still be enough for diehard fans. In any case, at least the above-mentioned smartphones create the one, and the ONLY, funny moment of the movie. When the rampaging Leatherface appears with his blood-soaked chainsaw in front of a huge group of partying hipsters, said hipsters do not immediately scream or run — they take out their phones to livestream. One threatens to "cancel" Leatherface.

It's just a silly release of tension, before what is surely the goriest scene ever filmed on a party bus. But we'll take it (along with a blink-and-you-miss-it meta-joke from the director.) Still, if you're like me, don't let this loosen your grip on that remote. Soon enough, you'll need that pause button. You may want to do a little fast-forwarding, too.

DOG

By Contributing Writer

Something would have had to go very, very wrong for "Dog" not to work on a basic level. Pairing Channing Tatum, one of our most likable leading men, with a dog in a road trip two-hander is probably the closest you can get to a guaranteed win in Hollywood.

This is also a project that was born out of utter sincerity in the wreckage of a few years wasted on a squashed superhero movie. Tatum and his longtime producing partner Reid Carolin put their heads together to make something small, something meaningful, something they could do by themselves and something that they would want to see in a movie theater. And "Dog" was born, with both Tatum and Carolin making their directorial debuts.

In addition to directing, Tatum plays former U.S. Army Ranger Jackson Briggs, who is a lost soul when not in deployment. His day job making



sandwiches at a Subway-type fast casual restaurant isn't exactly giving him life. And all he wants is to get back overseas. There, he feels, he has a purpose. But though he has the motivation, he needs a recommendation, too, and his superior is not budging on that.

Then he gets an assignment: Take Lulu, a Belgian Malinois who Briggs served with,

from Washington to Arizona for her handler's funeral. If he can do this, maybe he'll get the recommendation and be back in the field. Lulu, who is played by three different dogs, is not doing well, though. She can't handle flying and she's prone to attacking people, so they have to drive the 1,600 miles to make the service.

The start is a little rough. Briggs sees Lulu as just a means to an end and basically a nuisance that he has to deal with. On their first stop, he leaves her trapped in his truck while he goes prowling for women in Portland — a fruitless endeavor. The film has several over-the-top gags, including one with a sadistic cannabis farmer and another where Briggs impersonates a blind man. All may theoretically work on their own, but they also don't quite mesh overall.

It's an interesting conundrum, because Tatum and Reid were not wrong to want to inject some humor and levity. But perhaps the issue is that Briggs is not your average Tatum character. He's selfish, he's got an ego and a temper and a young child who doesn't even recognize him when he comes to the door bearing a stuffed unicorn. Briggs is someone who doesn't even really know how broken he is.

The disjointedness starts to mesh after an illuminating stop in Los Angeles and the film gets back to its roots, which is Briggs and Lulu, without distractions. Together they have some genuinely moving breakthroughs and Tatum is allowed to flex his dramatic muscles more than usual.

Ultimately it does work, but "Dog" is a movie that is trying to do quite a bit, and perhaps bites off a little more than it can reasonably handle.

The Waring International Piano Competition

Announces its Senior Piano Competition

By Contributing WRiter

The Waring International Piano Competition is excited to announce their Senior Piano Competition from April 10 through April 18, 2022. As in the past, these competitions are a treat for classical piano aficionados as well anyone who loves music.

Normally held every other year, this celebration of classical piano brings the best young pianists between the ages of 18 and 31 to Palm Desert, in the Coachella Valley. Like the Olympics, this age group competes every four years. However, due to the Pandemic, the Senior Competition had to be postponed.

The competition consists of both solo piano rounds and concerto rounds. These young adults must memorize at least 75

minutes of solo repertoire representing different musical styles from baroque, classical, romantic and contemporary periods.

Morning sessions at the Pollock Theater on the campus of College of the Desert, 43-500 Monterey Avenue, Palm Desert 92260 at Fred Waring Drive in Palm Desert start at 9:30 AM; and late afternoon / evening sessions start at 4 PM, unless otherwise notated. These free preliminary round sessions will occur April 10th through the 14th where audience members are allowed to enter the hall in-between contestants. Times are subject to change as contestants advance.

Only two performances require a paid ticket; the Solo Final and the Concerto Final



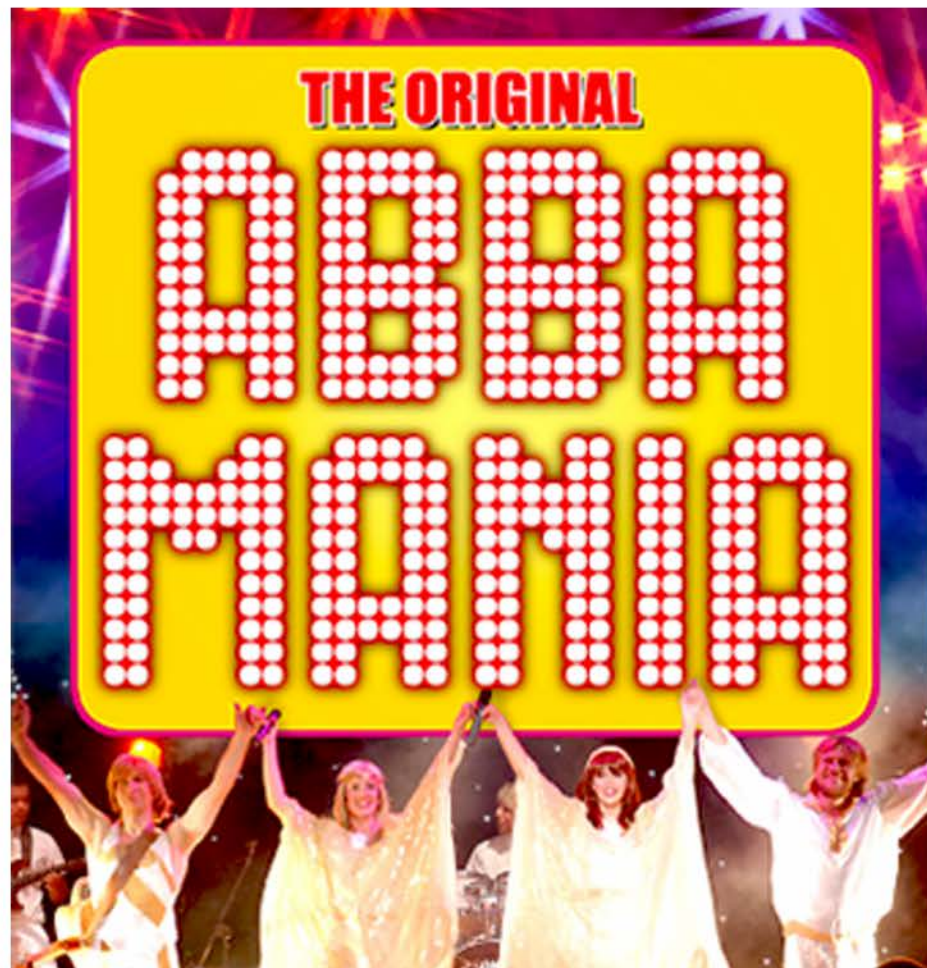
McCallumTheatre.com website. The selected concertos to be performed will have been composed by Beethoven, Prokofiev, Ravel or Rachmaninoff. Visit <https://www.vwipc.org/piano-competitions/> for more details or call 760-773-2575.

Finally, if you want to hear gorgeous classical music and are interested in meeting young talent, the Competition needs volunteers. Volunteer positions include housing a contestant; offering the use of a practice piano during the Competition, helping with transportation, and on-site competition services. Host families make long lasting international friends. You can also practice that foreign language you studied!

Presenting Sponsor for the Competition is Ms. Julia Irene Kauffman; Host City Sponsor is the City of Palm Desert; Venue partners are The College of the Desert and the McCallum Theatre. Additional sponsors are Sirpuhe & John Conte Foundation, Contour Dermatology, El Paseo Jewelers, Grace Helen Spearman Foundation - Steve Tobin & Johnny Krupa, and the Stephen Philibosian Foundation.

rounds. The Solo Finals will take place at the Pollock Theater on April 15 at 3:30 PM and require a \$45 ticket. These tickets can be purchased on the VWIPC website, or by calling 760-773-2575 or sending an email to ann@vwipc.org.

The Concerto Final with Waring Festival Orchestra is on Monday, April 18 at 6 PM, at the McCallum Theatre. Tickets are \$35, \$75 and \$125 and are now on sale through



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By Dale Harris

TECHNOLOGY FOR KIDS

Understand the Pros and Cons

Did you know an estimated 85 percent of kids use phones, tablets, and computers? With this use comes concerns about the good and the bad of technology for children.

Benefits of Technology for Kids

Technology can offer kids much in terms of communication, health, education, and development.



coming up with their own ideas, they may use technology as a crutch.

Technology can also potentially harm kids' health. They can become less active if they spend hours a day on gadgets. Eye issues can also become a problem.

Kids' socialization skills could also decline. While gadgets allow kids to communicate, they still need to spend time in person.

Further, technology use comes with the risk of addiction.



Kids can use mobile devices to call, video chat, and message family members. They can stay in touch with their teachers in online classrooms and complete projects with classmates.

When a child uses technology, they can develop skills and learn better. Schools sometimes use online textbooks. Kids can access such materials and even full online courses through their tablets and phones.

Screen time can also help kids become better coordinated, improve language skills, and lead them to become creative problem-solvers.

Downsides of Too Much Screen Time

Instant gratification through gadgets can cause kids to have a worse attention span.

Kids may also lose creativity when they use gadgets too much. Rather than

Have Kids Use Technology the Smart Way

Take steps for healthier usage. Come up with limits for screen time and keep an eye on the sites and apps they use. Encourage offline activities too such as board games, outdoor play, and art projects.



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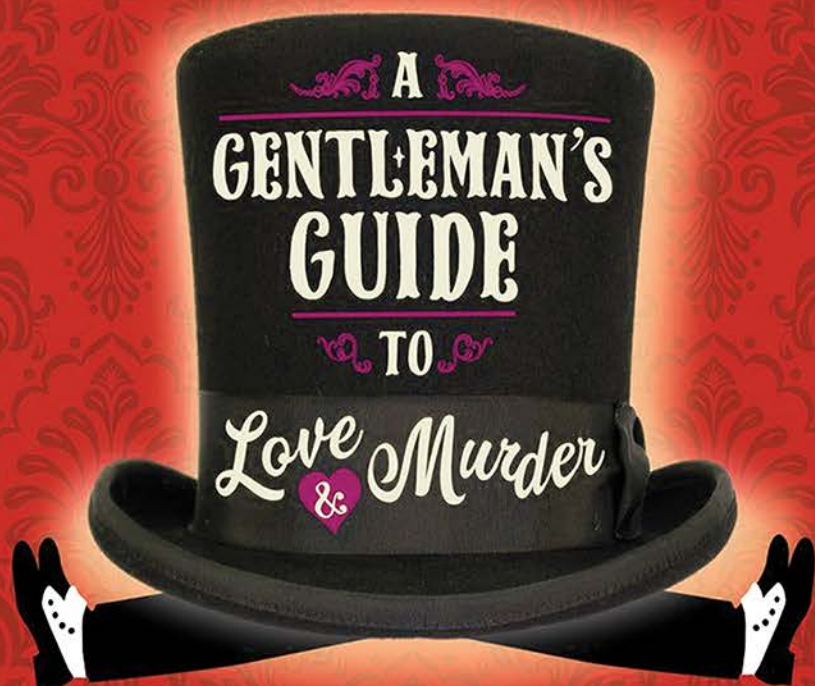
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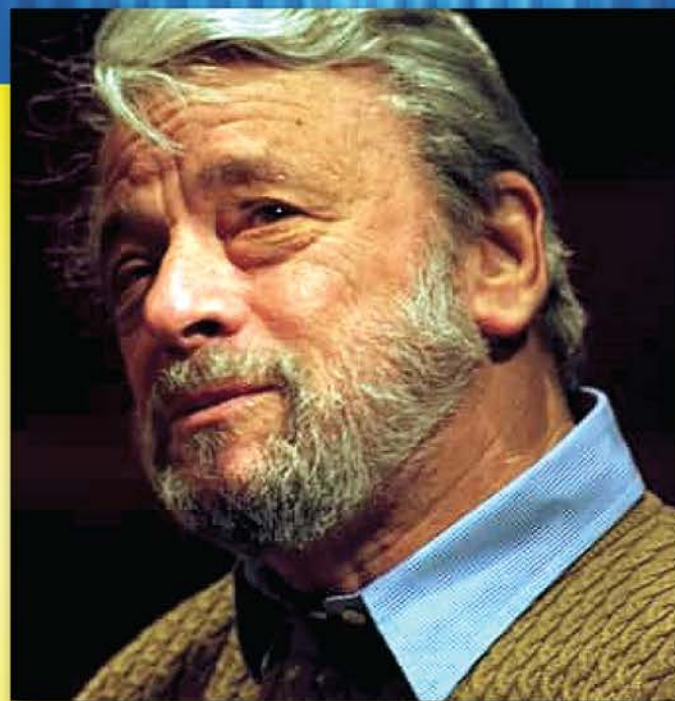
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BARTENDER

By Contributing Writer

Whether you're shopping for a casual get together or stocking your home bar, your goal on the liquor aisle is usually the same: Find quality alcohol at a price that won't break the bank.

To cut down your stress, look to the label for peace of mind when considering the quality level of spirits that fit your budget. Fancy packaging aside, the content provided on the label can be your best indication of the quality you can expect in the bottle.

Here are some tips to keep handy when navigating the booze aisle:

Tequila: The most important quality cue to look for when purchasing tequila is "100 percent agave tequila" on the label.

That's your guarantee the tequila you are drinking is made from 100 percent pure agave with no additives, added flavor or color. Tequila labeled "Oro," "Joven" or "Gold," by comparison, indicates designation as a mixto; a lesser-quality tequila made with equal parts agave and cane sugar distillates that can often lead to hangovers.

There are a handful of quality, affordable 100 percent agave tequilas on the



market today that sell for \$20 or less. Look for Familia Camarena Tequila (www.tequila-camarena.com), a widely available, popular-priced tequila produced by the respected Camarena family of Mexico. With tequila industry experience spanning six generations, Familia Camarena makes both 100 percent agave silver tequila (unaged) and reposado tequila (slightly aged) delicious for sipping or mixing.

Vodka: Stay away from vodka made from corn and other cheap sources of starch,

which often can taste harsh. Stick with vodkas made from pure, high-quality ingredients like potato, rye or wheat.

A great way to find affordable, high-quality vodka is to look for American-made vodka, which is often less expensive than higher-priced imports. Watch out for Blue Ice Vodka, a reliable and budget-friendly American potato vodka.

Whiskey: Remember that scotch, Irish whiskey and bourbon are all classified within the whiskey family, and all have great opportunities for budget-friendly bottlings.

Buy bottles at the lowest proof, or 80-proof (40 percent alcohol by volume). Distilleries often charge more for a higher proof, which can go as high as 160. Lower-proof bottles tend to be lighter and smoother in taste.

Instead of expensive single malts, pay attention to more economical blended whiskies, which blend malt whiskey with less-expensive neutral grain spirits. For superior-quality blended whiskies, look for those with a malt percentage that exceeds the grain percentage.

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VENTURA HARBOR VILLAGE 7TH ANNUAL MERMAID MONTH

By Contributing Writer



Lovers of the sea can meet a live mermaid at the Harbor's "Mermaid Meet & Greet" on two Sundays, March 13th and March 20th from 1 - 4 PM (weather permitting). Festivities feature photos with a live mermaid, entertainment, colorful face paintings, spectacular exotic birds, scavenger hunts, and mermaid fashion.

On Sunday, March 13th extra activities are a live mermaid chalk art demonstration

by artist Lysa Ashley, free craft stations courtesy of Macaroni Kid, and new this year- a Mer-mazing Dance Party with DJ Darla. Come dressed up for a family-fun dance party featuring music from under the sea, bubbles, wands, and flowers galore!

On Sunday, March 20th festivities will feature a new Pop-Up Mermaid Market from 12 - 4 PM in the Channel Islands Courtyard in the Harbor Village. The Harbor's own talented artisans and makers will display their handmade nautical treasures and treats!

All month long, visitors can also engage in seaside selfie stations, including large mermaid shells and the 20-foot plus sign feature that reads "I Love the SEA" on Ventura Harbor Village's Promenade.

Enjoy complimentary giveaways and month-long special savings by select Ventura Harbor Village retailers all month long including: Mermaid Gallery artisan Tina O'Brien is giving a free starfish or bag of shells with every \$25+ purchase. PLUS, get a free shell bracelet if you come in and say "I'm really a mermaid" (while supplies last); Top This Chocolate has chocolate mermaid pops, chocolate mermaid tails, chocolate seashell pops and \$1 chocolate

seashells. Ventura Swimwear is offering a free gift with \$50 purchase (while supplies last); Sugar Lab Bake Shop has discounted the reusable Mermaid Straws, mermaid drinks, and much more.

Shoppers can purchase a dazzling array of more than 100 mermaid-themed items that include artwork, soaps, jewelry, pottery, nautical finds, coastal décor, ocean-inspired apparel, and mermaid-themed accessories. What's more. Ventura Harbor Village's bars and restaurants are serving up "sea-sonal" themed cocktails, sweat mermaid treats, and delicious freshly caught seafood and Ventura Harbor Village welcomes locals and visitors from across all oceans!

Those seeking to get on the water with ease can rent a kayak, SUP paddle board, electric boats or popular themed swan, duck or dragon peddle boats daily with Ventura Boat Rentals. And to catch a real live mermaid or just a large fish (bragging rights included), they can aboard a vessel from Ventura Sportfishing or get a possible glimpse of the illusive mermaid swimming with the whales on an Island Packers Winter Whale Watch excursion.

To learn more about Ventura Harbor Village Mermaid Month, visit venturaharborvillage.com/mermaidmonth-2022

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SIMI VALLEY CULTURAL ARTS CENTER SEASON 2022

By Contributin Writer

The Simi Valley Cultural Arts Center has announced their 2022 Season! Big Broadway musicals such as A GENTLEMAN'S GUIDE TO LOVE AND MURDER, SOMETHING ROTTEN, 1776 and ELF THE MUSICAL will combine with monthly Tribute Concerts and special events to bring a season of fantastic entertainment opportunities to SVCAC audiences.

A GENTLEMAN'S GUIDE TO LOVE AND MURDER will be presented by Actors' Repertory

Theatre of Simi from March 5 – April 3. This madcap musical murder mystery won a Tony Award for Best Musical and is guaranteed to have audiences bursting with laughter. The Cultural Arts Center will follow that up with SOMETHING ROTTEN! - a hilarious new musical sure to please any theater lover. SOMETHING ROTTEN will play April 23 – May 29, 2022. Other musicals slated for the season include JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT (July 23 –



August 21, 2022) and 1776 (October 8 – November 6, 2022) both presented by ARTS. The musical season will conclude with a revival of the holiday family classic ELF THE MUSICAL from November 19 – December 23, 2022.

SVCAC's Tributes Unplugged 2022 Series will include monthly

concerts featuring a variety of tribute bands playing Wednesday evening acoustic rock concerts. LOVE DOLLY featuring Kim Eberhardt will play March 16, 2022 pm with HARD DAYS NIGHT, one of the leading Beatles tribute bands in the USA, playing April

20, 2022. BOHEMIAN QUEEN (tribute to QUEEN) will play May 11, 2022 with FORTUNATE SON (a tribute to Creedence Clearwater Revival) playing June 22, 2022. On July 13, JIM CURRY returns to the Cultural Arts Center with his incredible evening of John Denver classics. Rounding out the Tributes UnPlugged series will be TAYLOR MADE TAPESTRY



(Tribute to James Taylor and Carole King on August 17), DÉJÀ VU (tribute to Crosby, Stills, and Nash on September 21), LADY LEGENDS OF ROCK (featuring Khristina Kay on October 16) and THE PETTY BREAKERS (Tom Petty and the Heartbreakers tribute on November 9) with the series concluding on December 7 with THE NEWFANGLED FOUR.

Special one night only events at the Center include a CLASSICAL GUITAR DUO concert featuring Ron Borczon and Bill Arey, veterans of the Aspen Music Festival, on Sunday, March 20, 2022 at 7:30 pm. Raymond Michael returns to SVCAC with a MOTHER'S DAY WITH ELVIS concert on May 8, 2022 at 7:30 pm and his annual BLUE CHRISTMAS WITH ELVIS concert on December 18, 2022 at 7:30 pm

Tickets for all of these events and more are available online at www.simi-arts.org or by calling the Simi Valley Cultural Arts Center at 805-583-7900. Visit the Simi Valley Cultural Arts Center today for great entertainment at family friendly prices!

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FOODS THAT CAN DISTRACT YOU FROM A GOOD NIGHT SLEEP

By Contributing Writer

Adults struggling to get a good night's sleep are being advised about foods to avoid eating before heading to bed.

Fitted furniture experts at Online Bedrooms know the importance of a good night's sleep and looked at how to improve and prolong a snooze.

Unsurprisingly, any kind of cheese is off the cards, as are curries and bags of chips..

Nic Shacklock, Head of Marketing at Online Bedrooms said: "If you've tried every sleep remedy under the sun, but still can't nod off, it might be down to the food you are eating in the evening and just before you doze off to sleep.

"There are loads of factors that play into getting a good sleep and when it becomes harder than usual, it's a good idea to eliminate factors, like these foods, to help

find a solution.

"We found that what we eat sometimes holds the key to a restful night. So, if you are struggling to sleep and find yourself reaching for a snack, be careful in your choice."

Online Bedrooms' advice on what foods to avoid before bed:

1. Chocolate

There are super high levels of caffeine in chocolate, making it a terrible choice for later in the evening and at night. Caffeine is more likely to cause rapid eye movement (REM) sleep, making you more likely to feel groggy in the morning.

Other foods and drinks containing caffeine, such as coffee, tea, and energy drinks should also be avoided for at least four to six hours before you plan on sleeping.

2. Dried fruit

The fibre in fruit is great in moderation.



However, when consumed at night it can leave people feeling bloated and gassy. Like fresh fruit, they also contain high levels of sugar, which can give you an energetic high.

3. Cheese

While cheese is generally thought of as comfort food, it is one of the worst to eat before bed. Amino acids are found in lots of strong and aged cheeses, and they cause us to feel awake and alert. Also known as tyramine, it causes our bodies to feel alert through the adrenal gland, which releases the 'fight or flight' hormone.

The same goes for preserved and cured meats such as bacon, ham, and pepperoni.

4. Curry

The chemical capsaicin is often found in spicy foods like curries and hot sauces. It elevates body temperature by interfering with the body's thermoregulation process. In turn, it can disrupt sleep, not to mention the high levels of energy required to digest spices.

5. Sweets

No matter how tempting it is to have a sweet treat before bed, it's a bad idea for anyone, especially those struggling to sleep. Sugary foods, like ice cream, cakes and sweets send blood sugar levels spiking, followed by a crash. This crash in blood sugar alerts the adrenals that there is an emergency, which, in turn, increases cortisol levels, and wakes the body from slumber.

Those desperate for a sweet fix before bed should consider having a banana, as they promote sleep. If the banana isn't cutting it, mash it up and freeze it! It tastes surprisingly good.

Acidic foods are also a nono such as tomato, pizza sauce, peppers for obvious reason. An upset stomach is a distraction to your sleep experience and can be avoided by some of these simple suggestions.

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A DREAM WEEK AT THE FINCH BAY GALAPAGOS

By Contributing Writer

The Finch Bay Galapagos Hotel (on Santa Cruz Island) has joined forces with Scalesia Galapagos Lodge (on Isabela Island) to offer a week-long program in the Galapagos, including inter-island flights, day trips to Galapagos National Park aboard a private yacht, “glamping” in the highlands of Isabela Island, and visits to remote and

archipelago so unique. The tour finishes off at the stylish Finch Bay Galapagos Hotel, located on a tranquil beach within easy reach of the region’s oldest and most beautiful islets.

The best time to visit the Galápagos Islands is from December to May. Though the Galápagos is beautiful year-round, these months offer temperatures ranging from the low 70s to mid-80s, making pleasant conditions for hiking and wildlife-spotting.

Day 1 - Private transfer to a luxurious boutique hotel in the main square of Quito's Old City. Casa Gangotena is a restored Renaissance-inspired mansion, with ornate neo-classical furnishings and spacious rooms. Relax in the terrace bar or the quaint patio garden, sample delicious food in the small

restaurant and enjoy the complimentary cultural activities on offer.

Day 2 - Journey to Isabela Island on a twin engine light aircraft. Enveloped in wild forests, the Scalesia Galapagos Lodge features an ultra-contemporary glass-fronted main building housing the restaurant and lounge areas. Stay in one of the 16 safari camp-style tents, fully-equipped with a king-sized bed and modern facilities. Soak in the easy-going atmosphere and choose from an astounding range of excursions and activities on offer, including hikes, volcano visits and snorkeling trips as well as wildlife-spotting.

Day 3/4 - Choose from a wide range of excursions on offer at Scalesia Lodge, with different activities scheduled each day. Visit the white tip reef sharks and penguins of islet Tontoreras, or the thriving mangroves, natural pools and solitary beaches of Los Humedales, frequented by magenta-hued flamingos. One of the best snorkeling destinations is Los Tuneles, a marine paradise where lava flows have produced many arches and tunnels both under and

above water.

Day 5 - Transfer across the Itabaca channel to Santa Cruz, the most populated island in the Galápagos. Drive up into the rugged highland forests to reach the twin volcanic craters Los Gemelos. At 600m above sea level, these volcanic sinkholes are home to many Darwin’s finches. Finch Bay overlooks the lush greenery and glittering waters of Punta Estrada.

Day 6 - Join highly-qualified naturalist guides for a day of exploring nearby islands on Finch Bay’s own motor yacht. The island you visit will depend on the day of the week. In the evening you have the option to dine al fresco, enjoying a 3-course meal set up especially for you on the beach.

Day 7 - Divine Bay is a tranquil haven for wildlife, protected from ocean swells by natural volcanic reefs on one side and a gallery of mangrove trees on the other. Hundreds of herons cross the bay each morning and return at sunset, while noddy terns and blue-footed boobies perch along the cliffs. Snorkel in the inviting waters of the cove, where sea turtles graze on

seaweed, hundreds of reef fish species swim about the lava crevices, and young reef sharks and rays employ the brackish streams as havens from large predators while they mature.

Day 8 - Head home

About Scalesia Galapagos Lodge: Scalesia Galapagos Lodge is situated in the highlands of Isabela Island on the slopes of a volcano, about 20 minutes from the town of Puerto Villamil. The modern, luxurious, safari-style tent resort is in the middle of 16 a hectare (40 acre) property of a magical forest with a spectacular view of the coast of Isabela Island, the Pacific Ocean, and other Islands of Galapagos dotting the horizon. <http://www.scalesialodge.com/>

About Finch Bay Galapagos Hotel: The Finch Bay Galapagos Hotel is the Galapagos exploration headquarters, a beachfront base from which to discover the wildlife of the islands aboard our private yacht and create your own adventures on land and sea. For additional information visit www.finchbay-hotel.com/



mysterious places that illustrate the incredible diversity of the archipelago. Highlights include: touring Quito's Old City, glamping in safari camp-style tents, snorkeling with sea turtles and other marine wildlife, hiking active volcanoes, visiting the Charles Darwin Research Station and tortoise breeding facility, and exploring various islands by motor yacht. For more information, visit Scalesia Galapagos Lodge. Prices for the 8-day/7-night tour start at \$5,751 USD per person.

The tour begins in Quito, Ecuador’s charming Andean capital, where guests will spend a night in an ornate Renaissance-inspired mansion in the heart of the Old City. Next, travel by air to Isabela Island, taking in the breathtaking scenery from a twin engine light aircraft, before ascending into the highland forests that envelop modern safari-style tents at Scalesia Galapagos Lodge. Nearby volcanic islands of twisted lava and sparkling sandy coves await exploration, with daily excursions from the lodge to encounter the graceful marine creatures and trusting wildlife that make the

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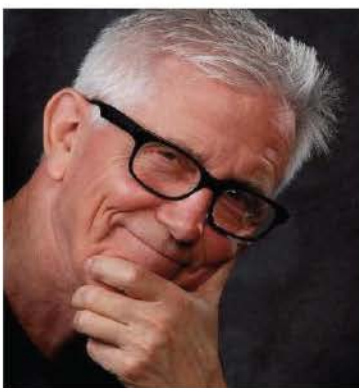
One Night Only at The El Portal Theatre

Sunday March 20th

By Pam Froman

Famous television personality, comic, and the unofficial "Mayor of Toluca Lake" Fritz Coleman is coming to the Debbie Reynolds MainStage of the El Portal Theatre in a comedy concert benefiting the Toluca Lake Chamber of Commerce. The show's opener is fellow Toluca Lake resident Wendy Liebman. VIP tickets include the front four rows as well as access to a meet and greet following the show.

Fritz Coleman is most known as a weathercaster for NBC Channel 4 (KNBC) in Los Angeles from 1982 to 2020. Fritz is well known for his sense of humor and extensive knowledge of weather. Coleman was part of the longest-running evening news team along with legendary journalists Chuck Henry and Colleen Williams and Sports Anchor Fred Roggin.



Fritz has made his mark as a stand-up comic. Coleman moved to Los Angeles in 1980 from Buffalo, New York, where he worked as a radio personality. Before that, he was a disc jockey and radio talk show host at various stations throughout the country. In the early 1980s, he worked as a stand-up comic at various clubs in California. He has also made several appearances on the Tonight Show and other television programs. Coleman has performed at The Improv, The Ice House, and other Southern California comedy clubs.

Fritz has also written and performed two one-man theater acts, titled "The Reception" and "It's Me! Dad!" He received the 2004 EMA Community Service Award for his involvement with KNBC's 4 "Our Planet," a children's program. He also appeared in a supporting role in one of Raymond Burr's last Perry Mason television films, "The Case of the Telltale Talk Show

Host," in 1993. Currently, he is the co-host of the Media Path Podcast with Louise Palanker. The free, hour-long audio podcasts are available at www.mediapath-podcast.com and across all podcast platforms.

The Toluca Lake Chamber of Commerce is partnering with Fritz to present a Comedy Benefit on Sunday, March 20th at 3 p.m. to benefit the Chamber. The Toluca Lake

Chamber of Commerce is a resource to small businesses in the area and provides important information and marketing resources. Residents can join the Chamber for the annual fee of \$50. With membership in the Chamber, businesses have an opportunity to showcase their services while residents may participate in merchant discounts and

be involved in community programs and services. Special guest standup comedian Wendy Liebman will join Fritz at the event, the Valley native and resident will be sure to add a lot of fun and laughter. She has performed on Carson, Letterman, Leno, Fallon, Kimmel, Ferguson, and Hollywood Squares, and in comedy clubs and events throughout North America. Wendy has starred in specials for HBO, Comedy Central, and Showtime, and was a Semi-Finalist on NBC's America's Got Talent, Season 9.

For more information on Toluca Lake Chamber log onto www.tolucalakechamber.com.

El Portal Theatre is located at 5269 Lankershim Blvd. in North Hollywood. Mainstage tickets VIP seating for the Fritz Coleman show are \$75 and General ticket seating is \$50. Call (818) 528-4200 or log onto www.elportaltheatre.com for tickets and information.

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6 REASONS YOU'RE NOT REACHING YOUR GOALS DURING YOUR FITNESS JOURNEY

By Contributing Writer



Make sure you're moving throughout the day—don't spend too much time sitting at your desk or watching TV. Set a



timer and take breaks to stretch and walk. Or, consider purchasing a standing desk. **You're Striving for an Unrealistic Fitness Goal**

It's essential to have fitness goals, but an unrealistic one is just as bad as no goal.

We're all fascinated by beach bodies we scroll past on Instagram. So, we join a gym, start meal-planning, and meticulously count calories. Despite ample planning, many of us aren't able to achieve our fitness goals.

You're Not Consistent

Consistency is critical in nutrition and fitness. If you're not remaining consistent with your nutritional choices and exercise, you may not see the results you're working toward.

You are more likely to reach your fitness goals if you strive for small efforts done consistently instead of big efforts done intermittently.

You're Not Getting Enough Sleep

The quantity and quality of sleep you get each night is directly related to your overall fitness.

Have you ever planned to work out one day and wake up lacking the drive and motivation you need to lace up your tennis shoes? Sleep has the power to regulate your mood.

If you don't get enough sleep at night, you're also more likely to eat unhealthy foods and crave snacks throughout the day.

You're Sitting All Day

Sitting all day is linked to deaths caused by cancer and cardiovascular disease. The American Cancer Society

reported that sitting for a prolonged time is associated with a 19% higher death rate than sitting less than three hours per day.

Yikes.

Sitting all day is also linked to metabolic syndrome. This syndrome including increased blood pressure, excess body fat around the waist, raised blood sugar, and abnormal cholesterol levels.

You can't offset this by working out harder when you're not sitting. A few hours of high-intensity exercise each week isn't enough to lessen these risks. So, even if you're busting your butt in the gym after sitting all day at work, you're probably doing all that hard work for nothing.

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If you set a goal that's too high, your results won't encourage you to keep going. You may find yourself on the verge of quitting.

If you're just getting started, set a goal that is practical and achievable. Even better, set short-term goals. You'll feel better as you check the boxes. Once you've completed a goal, you can refocus and direct all of your energy to achieving the next one.

It would help if you also kept in mind that all bodies are different.

You may not ever look like that bikini model on Instagram or your friend from college with a six-pack. Don't strive to look like someone else. Instead, seek to find and uncover the best version of you.

You're Incentivizing With Food

Have you ever finished an intense workout and immediately gone to find something to eat? When you've burned a ton of calories, your muscles are sore, and your endorphins are high, a cheeseburger and a milkshake usually sound delicious.

You may think it's not that bad to treat yourself like this, but this is one of the leading reasons people don't reach their fitness goals.

So, don't incentivize yourself with food. Find healthier options, or reward yourself with activities instead.

You're Exercising Too Hard

Believe it or not, you can exercise too much. Even fitness has limits, and if you surpass them, it may be challenging to achieve the body you're working toward.

The key to building muscle is letting your body rest. If you're always working it hard, there isn't time for your body to recover.

Now, this doesn't mean you should go for a run one day and then take the next three days off. Remember, it's all about balance. It would help if you strived to push yourself while listening to your body. Give yourself downtime to recuperate, and your body will reward you.

They Call It a Fitness Journey for a Reason

No two people will experience the same fitness journey. There will be high peaks and low valleys, intense ups and downs. You'll run into roadblocks. It may feel impossible. But believe it or not, you can get there.

Everything You Need to Know About Chiropractic Care for Pets and Animals



Decreased desire to play or interact with humans or other animals; Struggling to use stairs, or jump in car or up on couch/bed; Slower on walks, or not wanting to walk as far; More aggressive towards humans or other animals; Sensitivity to touch; Excessive shaking of head, constant ear problems, allergies; Decreased performance (in agility and working animals); Signs of stiffness or difficulty in transitional movements (sitting, standing, lying

If we looked at chiropractic care as a first resort to rule out more serious complications, think of how much your animals would appreciate you for it. **What signs to watch for?**

All animals can benefit from chiropractic care, as it helps to facilitate their body in healing. But not all animals will present with an obvious sign of pain. Although it would be nice if animals could speak directly to us, they do communicate with us through their behavior, we just need to pay attention. Here are some common things to watch for:

Animals need chiropractic treatments too! Chiropractic care offers a less invasive approach to your pet's well being; improving longevity and quality of life. Just like us humans, animals come into contact and interact with stressors. **Animal Chiropractic Should be the First Resort**

I often see patients as a last resort after they have tried other forms of medicine, when those attempts have failed, and owners are left feeling frustrated. Not to knock traditional medicine, but those modalities often come at a high cost. Just to set up an exam and run diagnostic testing comes with a hefty price tag, let alone costs of medications and/or therapies and surgeries. Wouldn't it be nice to avoid going down that rabbit hole altogether? Or god forbid having to make the decision to put down your beloved companion if you cannot afford the medical bills. There has got to be a better way right? The answer is yes, and that is where these alternative therapies come into play.

Just like I approach taking care of my human patients by starting out with the least invasive treatments first, I like to approach animal chiropractic care in the same way. In my personal experience, 90% of the time the conditions my patients have presented with have been musculoskeletal in nature. This simply means that the symptoms that walk into my office are being caused by some sort of dysfunction in the joint and/or soft tissue of the body, leading to a dysfunction in the nervous system (which affects everything). These symptoms can present in a variety of forms, including classic signs of discomfort or behavioral changes. That means that roughly 90% could have avoided unnecessary trips to a veterinarian's office.

down); Limping, stumbling, or dragging toes; Problems eating; Incontinence or irregular bowel movements; Decreased wind capacity; Problems eating; Excessively chewing or rubbing hind end or feet; Avoiding lifting or wagging tail, holding tail to one side; Refusal to pick up correct lead, gait abnormalities; Diagnosed conditions such as osteoarthritis or degenerative disc disease. **What does a typical treatment plan look like?**

At an initial visit, an extensive health history and exam will be done. This is the opportunity for the owner(s) to present concerns and what symptoms they have been seeing.

It is crucial I take my time with the animal in order to build a positive rapport with them. I want to make sure they feel safe and as comfortable as possible. If you have had chiropractic care yourself you know there may be areas of tenderness that can be uncomfortable to touch before working through that cause of discomfort, therefore I try to create the best experience for my animal patients.

Treatment will consist of providing muscle release techniques to any areas of tension followed by manual adjustments to restricted joint segments. The goal here is to stimulate areas of the body that have a dysfunction and need a neural reset. This not only impacts the joints and surrounding soft tissues, but the internal systems as well.

We focus on educating the owner(s) on findings, as well as recommendations for rehabilitative exercises, supplements, outside referrals to other physicians, what signs and outcomes to watch for, etc. Then we will set up a treatment plan.

How do they respond?
90% of the time the animals have underlying musculoskeletal conditions and respond to chiropractic care. If this is not the case, they are referred out for a veterinarian. Our goal is to help pinpoint the cause of the condition by ruling out musculoskeletal involvement. It is also important to understand that chiropractic care is not harmful. Make sure you are seeking out an AVCA certified animal chiropractor. www.animalchiropractic.org

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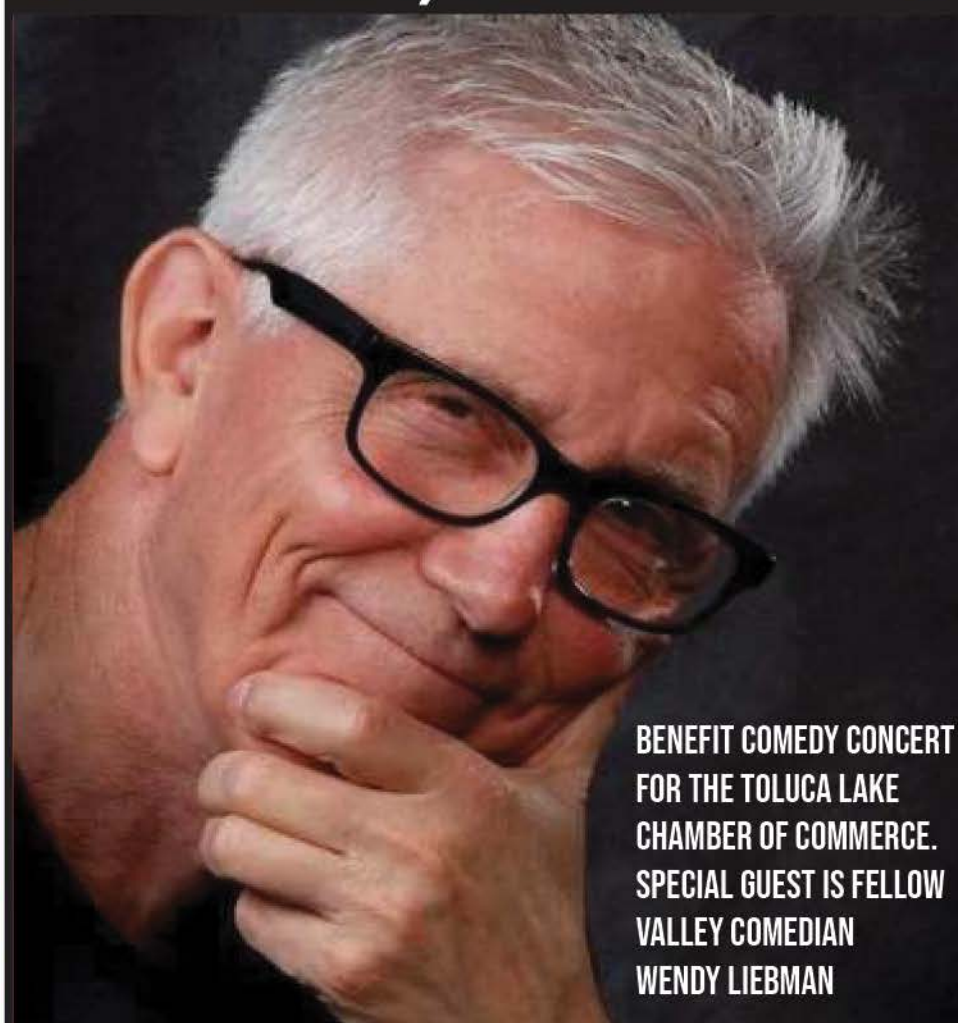
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Customize Your Home Entrance

covering to grab the attention of visitors. You can also assemble several small pieces together instead of one large art piece.

Get creative with colors and patterns. Just make sure it doesn't clash with the rest of your home's style. Try adding a boldly colored accent wall or interesting wallpaper.

A lot of homes have wood or tile in their entryways. Well-placed rugs and runners are great for adding warmth and color.

Interior and Exterior Lighting

Interior lighting fixtures like chandeliers make a big statement when entering a home. But you can always install a few sconces or hang a pendant light if large fixtures aren't your style.

By Contributing Writer



Customizing your home entrance is an easy way to join in on the improvement trend.

Exterior design upgrades can make a home stand out. Are you looking for entryway or foyer decorating ideas?

Custom Doors and Accessories

Custom front doors are a great way to make your home unique. Most standard stock doors lack personality and don't add to aesthetics. With custom doors, you can choose the size, color, finishes, and hardware.

You'll get a higher quality material with custom door options, which add value. You can even add a thicker door for more durability and security. Consider additional locking features to further enhance its security.

Adding custom doorbells is another easy upgrade. They come in many styles to match any home.

Interior Design Options

Foyers and entryways are great spaces for art. Consider hanging a large painting or wall

The overall goal is to create an inviting effect no matter which lighting fixtures you choose. Simply adding mirrors can even enhance natural light.

Consider upgrading your exterior lights by your home's entrance as well. Most outdoor lighting fixtures are very affordable and add curb appeal.

Additional Home Entrance Items

Try adding a small amount of seating if you have enough space. The entryway seating should be enough for someone to sit down and put their shoes on.

You might also consider adding a small table or other surfaces. It should only be enough to place a set of keys or a wallet. Coat racks or hooks are another simple storage feature that benefits homeowners and guests.

Ready to Customize Your Home Entrance?

Now you know a few simple ways to enhance your home entrance. Get creative but make sure it matches your home's style and isn't too cluttered. Remember the tips from this guide and wow the visitors to your home!

By Andrews McMeel Syndication

Robin Folsom, 43, the former director of external affairs for the Georgia Vocational Rehabilitation Agency, was indicted on Feb. 10 for faking multiple pregnancies in order to get paid leave from her position, The Washington Post reported. Folsom reported her latest pregnancy to human resources in October 2020 and allegedly gave birth in May 2021. The "father" of the newborn, Bran Otmembewe, emailed her bosses and said her doctor had called for seven weeks of leave following the birth, which she ordinarily would not have received. Pictures that Folsom shared with co-workers were found to be "inconsistent and depicted children with varying skin tones," the inspector general's report said. Co-workers also noticed that her baby bump seemed to be detached from her body. In addition, "a review of medical and insurance records found no indication that Folsom had ever delivered a child." Folsom resigned after an October 2021 interview with investigators and is due back in court in April.

It was sooooo cold in Beijing during the men's 50km cross-country skiing event. How cold was it, you ask? It was so cold (1.4 degrees Fahrenheit) that Finland's Remi Lindholm, who spent an hour and 16 minutes covering the course, suffered some painful frostbite to an unspeakably delicate body part that was not insulated enough by his thin suit and underlayer, The Guardian reported. Yes, that one. He endured a similar setback in Ruka, Finland, last year. Lindholm said he used a heat pack to thaw out the "appendage" after the Feb. 19 race but "the pain was unbearable. ... It was one of the worst competitions I've been in."

Police Report

Former Chadbourn (North Carolina) Police Chief Anthony Spivey, 36, was taken into custody in Conway, South Carolina, on Feb. 24, ending nearly a year of magnificent flouting of the law, WECT-TV reported. It all started in April 2021, when Spivey was charged with more than 70 offenses, mostly related to repeatedly raiding the department's evidence room and stealing narcotics, cash and firearms. In June, he allegedly embezzled \$8,000 meant for a family whose son was battling leukemia. North Carolina Wildlife officers contacted the Columbus

County Sheriff's Office on Feb. 21 about a boat and truck that belonged to Spivey that were found along the Lumber River. Family members told officers the scene might indicate a suicide, and investigators searched the waters and wooded areas nearby for three days. But as the investigation continued, "it became even more apparent that the scene on the river was staged," they said. He was finally located at his aunt's apartment in Loris, South Carolina. His total bond is set at \$1 million.

It's Nice To Have a Hobby

People have discovered all sorts of pastimes during COVID-19 lockdowns, and Tom Quirk, 36, is no exception, as Metro News reported on Feb. 23. Quirk, of the Forest of Dean in the United Kingdom, treated himself to a new Shark vacuum a couple of years ago and quickly realized that he could make great art with it. For example, Quirk made a stunningly realistic portrait of Donald Trump in his living room rug, a frightening likeness of Jack Nicholson from "The Shining" ("Here's Johnny!") and a pretty good image of Slash. "You have to Hoover the rug all over in just one direction first so it gives you an all over light image," Quirk said. "Then I remove the hose and add the thin attachment to the end and drag the long fibers the opposite direction to get the shadows of faces. It normally takes about 15 to 20 minutes, which isn't bad considering it took Leonardo da Vinci four years to do the 'Mona Lisa.'"

-- Welcome to Texas, where Sarah Stogner, 37, is running for railroad commissioner against Wayne Christian. Christian has amassed a war chest of \$766,000, and Stogner is apparently willing to bare all to win the contest, Canoe reported on Feb. 23: "I have other assets," she said. To prove it, Stogner posted a 5-second TikTok video of herself wearing only cowboy boots and hat and straddling an oil pumping jack as "Apache" by the Sugarhill Gang played. Unfortunately for her, the stunt may not have worked: She lost the endorsement of the San Antonio Express-News and rankled some religious conservative supporters. "I knew it would be controversial," Stogner said. "I didn't realize it would incite the rage and anger that it did from the press."

Crossword by Myles Mellor

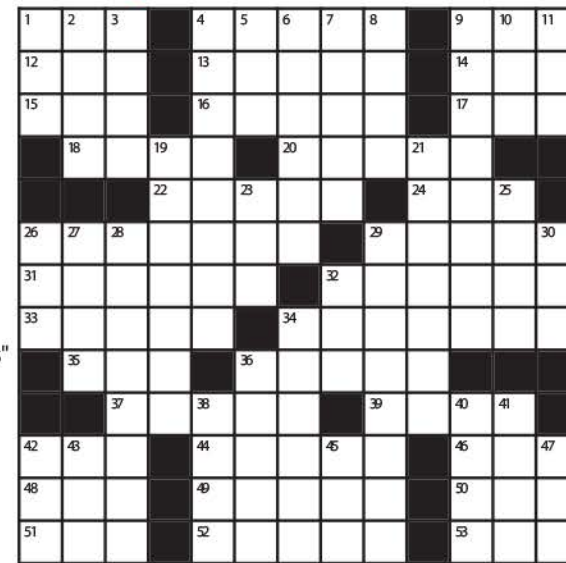
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Across

- Suri's father
- Brit princess
- Auction offering
- Naval agreement
- Bring upon oneself
- Georgian, for one
- Kind of mother
- Nasty
- "The ___ Commandments"
- Natal native
- Demise
- Indigo-yielding shrubs
- Derisive cry
- Dearth
- Erasable memory chip
- Beginnings
- Poser
- Harden
- Idyllically tranquil
- Away from the bow
- Columbus ship, Santa ___
- Mad dog
- Hit with a fist
- Cassowary relation
- Put into law
- In advance
- Biological pocket
- "Going ___: An American Life"
- ___ of order
- Beer belly
- Search blindly
- ABC's rival

Down

- Smidge
- Court cry
- It can be drop down
- Separate
- Country stopover
- Of a corrosive nature
- Certain posers
- Geometry calculation
- Laziness
- Vein contents
- Beach basking result
- "The Lizard" constellation
- Distinctive
- Pronoun
- Sapiens or novis



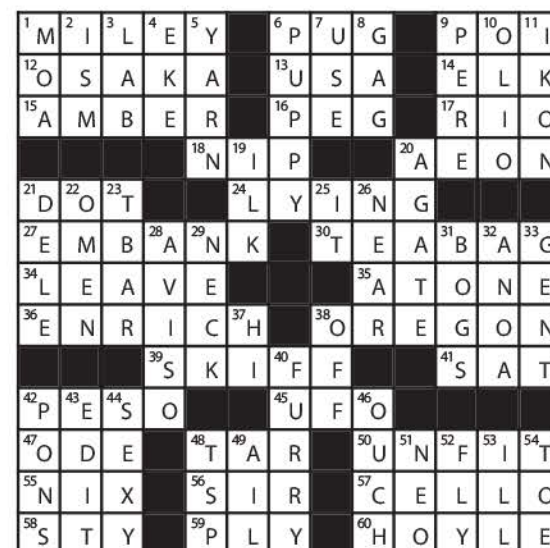
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| 26. Luau dish | 38. Titanic's nemesis |
| 27. "___ Karenina" | 40. Over |
| 28. Legal right regarding property use | 41. Chow |
| 29. Volunteer | 42. Sixth sense |
| 30. Beatnik's exclamation | 43. Andy Warhol painting |
| 32. Wax collector | 45. Vessel |
| 34. Gave it a shot | 47. Paul Simon "Greatest Hits, ___" |
| 36. Secondary | |

Bad Dad Jokes

What does a baby computer call his father? Data.



Previous Puzzle





Dazzling Diamonds

By Contributing Writer

Diamonds are a girl's best friend. Here is our list of some of the most expensive in the world.

The Perfect Pink

The stone was bought in 2009 by Sheikh Saud Bin Mohammed Al-Thani, the billionaire. This stone was originally found in Brazil and it weighed 59.60 carats. It was sold for \$23 million to a London-based jeweler who made a replica from synthetic emeralds and renamed it The Pink Dream.

The Winston Blue

Christie's auctioned this piece of jewelry. The diamond was named after the owner Evelyn De Rothschild. He used his prize money to buy this gemstone and it is believed that he gave it as a gift to his wife.

The Wittelsbach-Graff Diamond

The 5th largest cushion-shaped diamond was owned by Prince

Albert and it is the property of the House of Wittelsbach since 1487.

Hutton-Mdivani Jadeite Necklace

This necklace made of jadeite was worn by actress Elizabeth Taylor. It became very famous after she filmed "The Taming of The Shrew."

The Orange

This is the largest flawless fancy vivid orange diamond in the world. Its color is so intense that many jewelers say it has an explosive feel to it. No one knows the exact history of this gemstone, but it is believed to be owned by an anonymous person who bought it for \$36 million.

Pink Emerald-Cut Graff Diamond

This is the most expensive item ever sold by Sotheby's. Many wealthy people wanted to buy this gemstone and there were several buyers who tried to outbid each other until



Lawrence Graff bought it for \$23 million more than its original price.

L'Incomparable Necklace

This is the most expensive diamond necklace in history. It has a price of \$71.2 million. The necklace was first owned by French Empress Eugenie who wore it at the opening of the Suez Canal back in 1869. She wanted to show off her beauty and status as an Empress. On the last day of the event, she decided to sell it. The necklace



stayed in Belgium until a Brazilian entrepreneur mogul Antonio Bonchrisiano offered the Duke's family a huge amount of money for them to sell it.

Pink Star Diamond Ring

The retail price of the Pink Star Diamond is \$83 million. The diamond

was discovered in South Africa. The Pink Star Diamond is currently mounted on a ring design made by jeweler Robert Mouawad. On the top of the diamond, there is another 19.78-carat white diamond called "Laurentian" which is also mounted on an invisible rectangular mount.

Peacock Brooch

It is a 52.48-carat gemstone and it has a \$55 million dollar price. This brooch looks like a real peacock and not just a piece of stone mounted on another metal base. The colors that come from inside the stone are changing as you change its surface reflection angle.

Hope Diamond

It is the strongest blue diamond in the world. It was owned by King Louis XIV of France, until now it is owned by Smithsonian Museum. Its price is \$250 million dollars. The Hope Diamond weighs 45.52 carats and has been mounted to another brilliant-cut white diamond that weighs 22.68 carats.

Wear Your Costume!

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One of the most joyous holidays in the Jewish calendar, Purim celebrates the deliverance of the Jewish people from the wicked Haman in the days of Queen Esther of Persia. And it's fun too!

Temple Aliyah West Hills

Mar. 13 - 10:30 - 3:30 p.m. Join us at the Purim Carnival. Buy tickets at a pre-sale discount or at the Carnival for \$1. Or bring a non-perishable food item to the Carnival and get a free ticket! 6025 Valley Circle Blvd., Woodland Hills.

(818) 346-3545

www.templealiyah.org

Kol Tikva

Mar. 18, 5 p.m. - 9 p.m. A Purim event for all ages! Shabbat Services will be combined with a Ted Lasso Purim Shpiel that is not to be missed. We will then move outdoors to celebrate this joyous holiday with a pizza dinner, treats, entertainment, and crafts. Costumes are encouraged - show us your best Soccer or Ted Lasso themed outfits. And we always love to see a beautiful Esther or evil Haman! 20400 Ventura Blvd., Woodland Hills.

(818) 348-0670

www.koltikvah.org

Temple Judea

Mar. 16, 7:30 p.m. TJ's Purim Fiesta! Megillah, margaritas and music. Fruit cart, taco bar, Purim shpiel. Featuring Ron Golenberg and Van Golenberg a classic rock cover band. 21 and over.

Mar. 20, 10 a.m. - 3 p.m. Purim Carnival. Huge rides. Carnival Games and KidZone with fabulous prizes. Delicious Kosher BBQ and vendor marketplace with incredible crafts and services. 5429 Lindley Ave., Tarzana.

(818) 758-3800

www.templejudea.com

Temple Adat Ari El

Mar. 20, 10:30 a.m. - 2:30 p.m. Over 20 attractions in four distinct lands: Critter Cove, Gardens of Imagination, Adventure Gulch, & The Frontier, zany shows for kids, A DJ spinning live music, face painting, arts and crafts, beer & weingarten for adults, tasty food and treats. 12020 Burbank Blvd., Valley Village.

(818) 766-9426

www.adatariel.org

Shomrei Torah Synagogue

Mar. 16, 6 p.m. - 7:30 p.m. Wear your Purim costume and join us on the school yard for "West Hills Story," followed by dessert;

or watch online at stslive.org, Facebook, and YouTube. Ma'ariv and a full Megillah reading will take place in the sanctuary starting at 7:30 p.m.

Mar. 20, 11 a.m. - 2 p.m. Purim Family Fun Day. Come in costume and enjoy a day of fun and games: obstacle course, games of skill, arts & crafts, and TWO slides! Suggested \$10 donation per child. The Men's Club will be providing food for purchase. 7353 Valley Circle Blvd., West Hills.

(818) 854-7650

www.stsonline.org

Temple Ahavat Shalom

Mar. 18, 7:15 p.m. It's Purim Y'all! Wild West Celebration. Square Dancing, Mechanical Bull, Horseshoe Toss, Old West Playground, Lasso the Bull Game. 18200 Rinaldi Place, Northridge.

(818) 360-2258

www.tasnorthridge.org

Temple Beth Hillel

March 16, 7:30 p.m. Pour 'em Purim. Come one and all learn from a mixologist how to make a few signature cocktails and mocktails, share in some snacks, and a bit of Purim revelry. This is an adult only event. \$18 a person.

Mar. 18, 7 p.m. Purim Shabbat. Shabbat services with a hint of Purim fun.

Mar. 20, 10:30 a.m. Purim Carnival & Shpiel, 12326 Riverside Dr, Valley Village.

(818) 763-9148

www.tbhla.org

Temple Etz Chaim

Mar. 17, 11 a.m. - 2:30 p.m. Bungee Jumping, Carnival Games, Dunk Tank, Face Painting, Pie Toss, Obstacle Course, Arts & Crafts, Puppy Petting, Cotton Candy and More! 1080 E. Janss Rd., Thousand Oaks.

(805) 497-6891

www.templeetzchaim.org

Beth Emunah Messianic Synagogue

Mar. 19, 1:30 - 3 p.m. Purim Celebration! 5312 Derry Ave., Agoura Hills.

www.bethemunah.org

Temple Adat Elohim

Mar. 20, 11 a.m. - 2 p.m. TAE Purim Carnival Delicious Food, Games, and Prizes, Dunk Tank, Arts & Crafts. Balloon Artist, Henna Tattoos, Photo Booth, Bounce Houses. 2420 E. Hillcrest Dri., Thousand Oaks.

(805) 497-7101

www.adatelohim.org

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HELP YOUR KIDS TO SLEEP

By Contributing Writer

Let's look at how you can get your children sleeping well.

Cultivate a good routine. Children need to have a consistent sleep and wake time and the best thing to do for this one is to ensure that your child is getting to sleep around two hours after their tired signals start up. You can consider a good routine with their bedtime to be a way to relax your kids. They'll know what's coming with bedtime if you're sticking to the same times and options each day.

Think about the environment. If you consider that one child needs a night light but the other needs total darkness, you might think about splitting the kids into different rooms. Create routines and environ-

ments that suit each individual child. So, adding blackout blinds in one room and nightlights in another will help you to get your children sleeping well. You want to do things that will help them to sleep, and that differs for each child.

Reduce their stress. Yes, they may be children, but they can still be stressed. High stress levels lead to cortisol production, and that ensures that your children have a hard time relaxing enough to go to sleep. Help them to practice deeper breathing and listening to calm music, and then create message times for your children. Relaxing baths can help, and you can send them to sleep feeling secure and ready for the day.

Say goodbye to the Boogeyman. Children feel more vulnerable before they go to sleep, so ensuring that you alleviate their fears can help. Create Monster Spray with edible glitter and water and ask them to spray it in the corners of the room where they see monsters. It'll help them to feel as if they are in control of the monsters.

Ask the kids what they need. If your children are old enough to tell you, ask them to tell you what will make their bedroom a comfortable and calm space. They can get involved in the planning, which will help you to decide what's best for their bedroom with them. The element of control you give them will make a difference to their sleep in a positive way, too.



Children are notoriously known for not sleeping for a few years, and when you have a baby you expect to not sleep for a little while. You expect that your baby will wake up for feeds and changes, and you know that they will wake up while you are trying to sleep. Quality sleep is so important for grown ups, but children need it, too. Experts say that children need 13-15 hours of sleep, lowering to 12 hours of sleep as they get older. They grow while they sleep, and for that to happen without issue, your children need to have a comfortable space to relax.

Your children can have a good night of sleep and whether you buy new divan beds to help them with this, or you choose to add new blankets and dark shades, you can create a space that promotes happy and safe sleep for your children. You need your children to have quality sleep, and that starts with ensuring that their space is comfortable. With that in mind,

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Instagram Influencer Training:

SUNDAY, MARCH 13, 2022
11A.M. - 3 P.M.

How to Make Money with Your Fashion Blog on Instagram

By Dale Harris



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Treat it Like a Business

A platform on social media that is generating part or all of your income is a business. Show it the discipline, work, and dedication you would with any other business.

Curate Instagram Content

Select content based on your audience. No matter how much you love an item or product, try to think about the end user above all else.

Consider Using Influencer Marketing Platforms

Think about joining online platforms dedicated to helping influencers connect with brands.

Use Instagram to Advertise Blog Content

A website with written content is the perfect pair for an Instagram page full of visually pleasing content. The best way to utilize both is to post relevant content to both and to use social media to generate more traffic to your website, where you could monetize from affiliate marketing, ads, and products.

Become Insta-Famous in Fashion

Joining the ranks as an Instagram influencer doesn't have to be a grueling experience. If you are passionate about what you are posting and writing about, and you maintain an authentic approach, the people will come.

It is also a great idea to always do the research, work hard, and use tools to your benefit as you continue the blogging journey.

Do you dream of a fashion career that gives you freedom? The earning power of someone with 100,000 followers can be upwards of \$5,000 per post.

That considered, it can be difficult to build your way up to that many followers, especially in the competitive fashion space. However, it is still possible to create a successful fashion platform on Instagram.

Here are a few tips to consider as you start a fashion blog and Instagram page.

Find the Right Niche

Even within the fashion niche, it is important to get as narrow as you can at first. This is because you need to be different than what is already out there.

Try to think about passions and interests you may have, and how these could be used to narrow down your area of expertise. The most dedicated audience tends to be one that relates to you in more way than just one.

So, if you love fashion and sustainability, try to focus on both on your platform. If you love talking about new trends and brands, post about recent changes in fashion, like men's clothing directions.

Do the Research

Never skimp on research when it comes down to what you should be posting, how often, and the tools you can use. The world of blogging is constantly changing and becoming more competitive, so it is important to keep up.



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